Steps to Health

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Foreword

The subject of infant feeding, which really arises several months before a baby is born, is a most important and complicated one; many large volumes have been written about it.

This little book does not claim to be a complete treatise, but it is intended to give in a simple form much of the information that is essential to every mother. It is arranged in time order, that is to say, it deals first with questions that may be asked by the expectant mother, then with feeding baby in his earliest weeks, then with weaning. This book is devoted mainly to infant feeding, but it also includes a number of hints on other matters that are important to the mother.

Breast feeding is the very best thing for a baby in the early stages, but there are cases in which breast feeding is impossible or inadvisable. This book tells how ordinary cow's milk can be modified and supplemented so that it does the work that mother's milk was intended to do. It goes on to describe a progressive method of feeding which has been followed successfully for many years and has produced thousands of splendid children.

It must be understood that no standard table of recipes can be supplied which will adequately cater for all types of children. When a baby's weight differs greatly from the normal it is best to ask the doctor or nurse about the quantities of food to be given.

To every reader special information is offered on any feeding difficulties which arise and which are not described here. Keen, Robinson & Co., Ltd., has a staff of experts who deal with such correspondence. Letters should be addressed to:—

KEEN, ROBINSON & CO., LTD.,
Service Dept., M.B.1,
Carrow Works, NORWICH.

Robinson's 'Patent' Barley and Groats are both all-British preparations.

Breast Feeding

Breast milk is Nature's food and supplies all the nourishment a baby needs. Whenever possible a baby should be breast fed. The quality and quantity of the mother's milk depends to a great extent on her diet. She will find that careful attention to this will enable her to feed her baby satisfactorily and keep herself in the best of health. Failure to breast feed is often due to that fact that the mother before the birth of her baby has not taken an adequate diet.

In the following sections advice is given to the expectant and nursing mother as to the best method of ensuring an adequate supply of breast milk.

The Expectant Mother

The prospective mother should realize that the future of her baby depends almost entirely on the care and nourishment which he receives in the ante-natal period and in early infancy. It is during these periods that the foundation of his material life is laid, and his health and physical frame will be governed to a large extent by this foundation. Since the nourishment of an expectant mother plays such a large part in the ante-natal life of her infant, it is extremely important that her food should be pure and wholesome and that it should consist of substances rich in vitamins and the body-building elements.

In the first place, it must be emphasized that excessive amounts of food during the ante-natal period are not necessary and indeed are harmful. A plain nourishing mixed diet, with plenty of fluid, is the most suitable.

The expectant mother's diet should include plenty of butter, eggs, fresh vegetables (and in season fresh greenstuffs, such as lettuce or watercress) and fresh fruit. Freshly-cooked meat is a

good food, but an excess is undesirable and probably harmful. Wholemeal bread is preferable to white bread.

The balance of mineral constituents is an important factor in the diet. **ROBINSON'S 'PATENT' GROATS** and milk provide a nourishing diet with an excellent supply of calcium so essential to an expectant mother. This food, taken twice daily, will provide a means of keeping her in good health during pregnancy and after baby is born.

It is absolutely essential that the bowels and kidneys of an expectant mother be kept in perfect condition, and in this connection the question of fluid is very important. A plain diet and plenty of fluid will go a long way towards preventing constipation. Violent purgatives should not be used; but, if the bowels become sluggish, a mild laxative such as malt extract may be taken. Malt extract is also an aid to the proper digestion of food and can be taken daily with advantage.

BARLEY WATER, made from Robinson's 'Patent' Barley (see recipe on page 8) has the valuable property of flushing out the kidneys and keeping them healthy, and is therefore an excellent and beneficial drink for expectant mothers. It should be taken freely between meals and whenever the mother feels thirsty.

Fresh fruit juice and cod-liver oil (or a cod-liver oil preparation if preferred) are very important for an expectant mother and she should have some of each every day.

The Nursing Mother

All the advice given for the diet of an expectant mother applies also to that of a nursing mother. Her food must be wholesome and nourishing, and must contain an adequacy of vitamins.

Robinson's 'Patent' Groats and milk improve the quality and quantity of breast milk and should always be included in the diet of a nursing mother. A cupful should be taken at least twice a day and it is often found to give best results when taken before baby is fed. Groats and milk, in addition to being wholesome and nourishing, contain a quantity of calcium, a substance which is very important to a nursing mother, since it enters so largely into bone formation and other vital processes.

If a mother is not able to feed her baby entirely herself she can, during the first two or three weeks, give complementary feeds of Robinson's 'Patent' Barley and milk. This is done by offering the bottle after each breast feed, and ensures that the child receives adequate nourishment. Baby will usually indicate how much additional food he needs and should never be persuaded to take a complementary feed against his will.

Supplementary feeding is not recommended in the first few weeks. When this procedure is considered advisable one or more feeds per day of Robinson's 'Patent' Barley and milk should be substituted for an equal number of breast feeds, and as baby grows older—but not before the age of six months—weaning on to Robinson's 'Patent' Groats and milk should gradually take place.

There are sometimes circumstances which make it undesirable for a mother to breast-feed her baby at all. For instance, it is generally best not to do so:—

(1) if she is suffering from ill-health.
(2) if she is labouring under great mental strain or anxiety.
(3) if she is suffering from an hereditary disease, such as consumption.

A mother will also have to resort to artificial feeding if, in spite of rigid and careful attention to her own diet, she has no milk or it is poor in quality or quantity. A wholesome and satisfactory diet for her baby can be supplied by Robinson's 'Patent' Barley and fresh cow's milk.

Weaning from the Breast to Bottle

When a baby is being breast-fed, no attempt should be made to wean him until he is about six months old, except on the advice of a doctor. If weaning has, of necessity, to take place earlier than six months, very special care should be taken in the choice of a substitute food, since any change in diet may seriously upset baby's digestion. The diet chosen should be easily digestible and as nearly as possible equal to breast milk in its effects. Milk modified with Robinson's 'Patent' Barley is both easily digestible and highly nourishing and provides an excellent substitute for breast milk. (For further particulars on weaning see page 15.)

Recipes for the Expectant and Nursing Mother

Barley Water

Take from 1 pint of cold water sufficient to mix 1 level dessertspoonful (¼-oz.) of Robinson's 'Patent' Barley to a smooth paste. Boil the remainder of the water and pour on the mixture. Flavour with lemon if desired.

Barley and Milk

Bring to the boil ½ pint of milk (or milk and water). Make a thin paste of 2 to 2½ level teaspoonfuls Robinson's 'Patent' Barley with cold water. Pour the boiling milk (or milk and water) on to the Barley paste and stir. Return to the saucepan and bring back just to the boil.

This drink can be taken hot, or, if preferred, allowed to cool.

Barley and Milk (an alternative recipe)

Prepare daily a supply of Barley water, to be added to the milk in the proportion of 5 tablespoonfuls to ½ pint of milk. The Barley water should be prepared as follows :—

Make a thin paste of 2 level dessertspoonfuls (½-oz.) of Robinson's 'Patent' Barley with cold water. Whilst stirring add boiling water to make up to a pint. Transfer the mixture to a saucepan and simmer for five minutes, stirring all the time. Strain and allow to cool. Stir the Barley water immediately before use.

Gruel prepared from Barley

Take 1 level dessertspoonful of Robinson's 'Patent' Barley, add to it a pinch of salt. Mix well with a little cold water into a very smooth paste, thick as cream. Add to this ½-pint of boiling water (or preferably milk) put into a saucepan and simmer for 5-10 minutes, stirring all the time with a wooden spoon. Sugar may be added to taste.

Gruel prepared from Groats

Mix to a thin, smooth cream 1 tablespoonful of Robinson's 'Patent' Groats with 3 tablespoonfuls of cold water. Pour on the mixture 1 pint of scalding milk. Add pinch of salt. Simmer gently for 10 minutes, stirring all the time. (If desired a portion of the scalding milk may be replaced by an equal quantity of boiling water.) Sweeten to taste.

Porridge

Take from 1 pint of cold water sufficient to mix 3 tablespoonfuls Robinson's 'Patent' Groats to a thin, smooth cream. Boil remainder of water and pour it on the cream. Add salt and simmer gently for at least 10 minutes, stirring all the time. If a double saucepan is used cook for ½-1 hour. Serve with fresh milk and sweeten to taste.

If you would like to receive a booklet giving Barley and Groats recipes for Biscuits, Puddings, Custard, etc., a copy will gladly be sent free on application to :—

KEEN, ROBINSON & CO., LTD.,
Service Department, M.B.2,
Carrow Works, NORWICH.

The Scientific Principles of Infant Feeding

From birth onwards a baby has the power of absorbing and utilizing his own food. This does not mean, however, that any kind of food can be taken with advantage. It is well known that there is a standard to which the food of a baby must conform during the early months of life and if it fails to do so such infantile ailments as indigestion, under-nutrition, etc., generally result. Moreover, the food in early infancy has a very marked effect on the future welfare of the child. The ideal balance is attained in mother's milk and a brief consideration of its composition and properties will help you to understand the unsuitability of many so-called substitutes and to account for the unsatisfactory results which they yield.

Mother's milk is rich in those precious substances, the vitamins or 'accessory food factors,' the consumption of which in small quantities is sufficient to enable an infant to assimilate and make best use of all the constituents present in the food. They also protect him from rickets, from several forms of eye trouble, from certain nervous diseases and from scurvy, and they render him less liable to fall a victim to infectious diseases. The lack of vitamins in an infant's diet is a very serious matter; even if it does not result in actual disease it may be responsible for ill-health in later life.

Mother's milk also contains fat, protein, carbo-hydrate and mineral salts—in the exact proportions most suitable for an infant, and in a form in which they are readily digested and assimilated. It is desirable, therefore, that for the first six months of his life a baby's diet should consist entirely of his mother's milk. If, however, this is impossible or unwise, cow's milk modified by Robinson's 'Patent' Barley is an excellent alternative. Cow's milk, although known to be indigestible in its unmodified state, owing to the casein clot formation in the stomach, is rendered easily digestible by the addition of Robinson's 'Patent' Barley. This preparation has long been recognised by doctors as the best modifier of cow's milk.

The effect of Robinson's 'Patent' Barley on milk is clearly set forth on page 11.

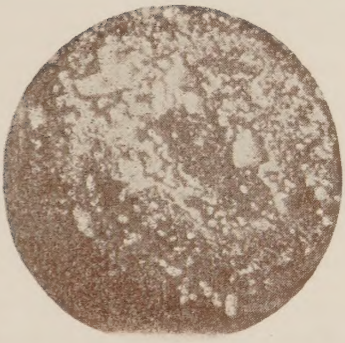
The Starch-digesting Functions of an Infant

It is of the utmost importance that an infant should be educated to digest starch so that he will be able ultimately to deal effectively with the more starchy diet (bread, porridge, potatoes, etc.) which he will receive after being weaned. It has been proved that a new-born baby has a definite power of digesting starch in small quantities. Indeed, it is recognised that it is highly desirable to begin to accustom his digestive organs to deal with starch at an early age so that the process of weaning may be carried out without difficulty. When milk is modified by Robinson's 'Patent' Barley the amount of starch contained in each feed is very small and cannot be regarded by itself as a food for infants. Mixed with fresh cow's milk in the proportions recommended, Robinson's 'Patent' Barley prevents the formation of the clot normally formed in the stomach, making the milk readily digestible. It thus enables an infant to receive the full nutritive value of the milk, and gives his organs their first lessons in the digestion of starch by accustoming them to traces of it at an early age.

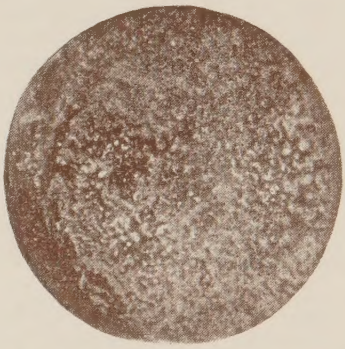
By using Robinson's 'Patent' Barley according to the directions (which include the use of fresh fruit juice and cod-liver oil) a balanced complete and satisfactory diet is provided for the first six months of an infant's life. The diet approximates in its digestibility to human milk; it also supplies the necessary number of calories and an adequate amount of vitamins. **Fresh fruit juice and cod-liver oil supply the vitamins which prevent scurvy and rickets respectively and, therefore, the daily administration of these is essential.**

Robinson's 'Patent' Groats and milk is an ideal weaning diet, the nourishing properties of which contribute to the general development of bone, muscle and flesh; this diet further educates baby's starch-digesting functions, thus preparing him for the more varied diet of later years. Full details as to the use of this food in weaning are given on pages 15 to 17.

INDIGESTIBLE CLOT FROM ORDINARY COW'S MILK (OR MILK AND WATER).



A SMALL AMOUNT OF ROBINSON'S 'PATENT' BARLEY BREAKS UP THE CLOT AND MAKES IT DIGESTIBLE.



THE FINELY DIVIDED AND EASILY DIGESTED PRECIPITATE FROM COW'S MILK, MODIFIED WITH ROBINSON'S 'PATENT' BARLEY AS PER RECIPE.

The Effect of Robinson's 'Patent' Barley on Milk

Whole cow's milk contains about 2½ times as much protein as human milk and considerably less carbo-hydrate, and in an unmodified state forms tough leathery clots in the stomach. These clots cause much digestive disorder and may prove to be the forerunner of chronic dyspepsia in later life.

When Robinson's 'Patent' Barley is added to milk, the formation of the indigestible clot in the stomach is prevented and the cow's milk is rendered suitable for assimilation by even the most delicate infant. The accompanying illustrations are reproductions of actual photographs and show the remarkable effect of small quantities of Robinson's 'Patent' Barley in preventing the formation of clots.

Barley and Milk for Baby

Method of Preparation.

Make a smooth paste of Barley, sugar and water according to age, as follows :—

Age of Infant.	Teaspoonfuls of		
	Barley.	Sugar.	Water.
Up to 2 months	1	3	3
2-4 months	1½	3	4
4-6 months	2	3	5
From 6 months	3-4	3	8-10

One teaspoonful of Barley = about ¼-oz.
3 teaspoonfuls of sugar = about ¾-oz.

Now make a separate mixture of :—

Milk : ½ pint (2 teacupfuls). Water : ¼ pint (1 teacupful).

Bring to the boil, pour on to Barley paste and stir. Return to saucepan and bring back just to the boil. Pour into a clean vessel and allow to cool. Keep in a cool place, covered with muslin. Fresh supplies should be made up at least once a day. Stir before using. Warm to blood heat (100° F.) before transferring to feeding bottle.

Feeding Table.

Age of Infant.	Weight in lbs.	Small tablespoonfuls of Prepared Barley-milk Mixture (Per Feed).	Hours of Feeding.
1 week	7¾	6	
2 weeks	8	6	Every 3 hours from 6 a.m. to 9 p.m. (6 feeds per day)
3 „	8¼	7	
1 month	8½	7	
2 months	10½	8	
3 „	12	10	
4 „	13¾	13	
5 „	15	15	Every 4 hours from 6 a.m. to 10 p.m. (5 feeds per day)
*6 „	16	16	
7 „	17	16	
8 „	18½	17	
9 „	20	17	

A Table for 4-hourly feeding is given on page 14.

1 *small tablespoonful* = ½ *fluid oz.*

IMPORTANT :—ORANGE JUICE AND COD-LIVER OIL (or suitable substitutes) SHOULD BE GIVEN TO BABY DAILY—see notes on page 13.

* At 6 months Robinson's 'Patent' Groats should be gradually introduced into the diet—see page 15.

Special Notes

Regular Feeding.—The importance of regular feeding cannot be overestimated. It is a mistaken kindness to allow a baby to sleep past his feeding time. Unless otherwise recommended, the number of feeds per day shown in the Table of Recipes should be followed. Although the hours for feeding may be varied slightly to suit household convenience, the intervals between the feeds should not be altered, unless under medical advice.

Except on instructions from a doctor, an infant should not be fed between 10 p.m. and 6 a.m.

Feeding by Weight.—If an infant's weight at any particular age is slightly above or below that shown in the Feeding Table, it is generally preferable to feed according to weight rather than age. Where baby's weight differs greatly from the normal you should seek the advice of your doctor or nurse as to the quantities of the Barley Milk Mixture to be given.

Orange Juice.—After baby has reached the age of one month, orange juice should be given. Commence by giving ½ to 1 teaspoonful daily. The orange juice should be given a short time before a feed. It may, if desired, be diluted with an equal quantity of cool boiled water. The amount can be increased gradually so that the child is receiving 2 teaspoonfuls at three months, 4 teaspoonfuls at six months.

Substitutes for Orange Juice.—When orange juice is difficult to obtain, Rose Hip Syrup, Blackcurrant Puree or Tomato Juice are recommended as suitable alternatives. If preferred, preparations in tablet form, such as Infant Celin Tablets or B.D.H. Vitamin C Tablets, etc. can be used instead.

Cod-liver Oil.—Cod-liver oil should be given to baby every day. Commence by giving ½ teaspoonful daily which can be spread over one or more of the feeds. The quantity should be gradually increased so that by the time the age of six months is reached 1 teaspoonful is being given. Cod-liver oil emulsion may be substituted for pure cod-liver oil. If this is done double the preceding quantities should be given. It is better for cod-liver oil or cod-liver oil emulsion to be taken before than after a feed.

Substitutes for Cod-liver Oil and Orange Juice.—Where it is desired to give the cod-liver oil and fruit juice together, preparations such as Haliborange, Radiostoleum with Vitamin C, etc., can be used

Malt Extract.—Malt extract may be given if desired. This has a laxative effect and aids digestion.

Cooled Boiled Water.—Plenty of cool boiled water should be given to baby between feeds—see page 26.

Fresh Cow's Milk.—It is always advisable to give baby fresh cow's milk, but if it is decided to use Dried or Condensed Milks, the recipe given on page 14 should be followed.

Robinson's 'Patent' Groats.—This food should be gradually introduced into baby's diet after the age of 6 months has been reached—see page 15.

4-Hourly Feeding Table for Robinson's 'Patent' Barley and Milk

Age of Infant.	Weight in lbs.	Small tablespoonfuls of Prepared Barley-milk Mixture (Per Feed).	Hours of Feeding
1 week	7¾	7	
2 weeks	8	7	
3 „	8¼	8	
1 month	8½	8	
2 months	10½	10	Every 4
3 „	12	12	hours
4 „	13¾	13	from 6 a.m.
5 „	15	15	to 10 p.m.
*6 „	16	16	(5 feeds per
7 „	17	16	day)
8 „	18½	17	
9 „	20	17	

1 small tablespoonful = ½ fluid oz.

IMPORTANT :—ORANGE JUICE AND COD-LIVER OIL (or suitable substitutes) SHOULD BE GIVEN TO BABY DAILY—see notes on page 13.

* At 6 months, Robinson's 'Patent' Groats should be gradually introduced into the diet—see page 15.

The use of Robinson's 'Patent' Barley with Dried or Condensed Milks

It is generally considered necessary to begin to develop the starch-digesting functions of an infant at an early age : it is therefore desirable that, where Dried or Condensed Milk is used, Robinson's 'Patent' Barley should be added. In order to make this addition, the recipes on the tin containing the dried or condensed milk should be followed, except that the quantity of plain water recommended should be replaced by an equal quantity of Barley water, made up as follows :—

Recipe.

Mix 1½ teaspoonfuls Robinson's 'Patent' Barley into a thin paste with cold water. Add boiling water to the paste and make up to 1 pint. Bring the whole back to the boil for about a minute. The Barley water, when cool, should be strained and is then ready for use with Dried or Condensed Milks.

IMPORTANT :—ORANGE JUICE AND COD-LIVER OIL (or suitable substitutes) SHOULD BE GIVEN TO BABY DAILY—see notes on page 13.

Weaning from the Breast or Bottle on to a Mixed Diet

Robinson's 'Patent' Groats is the best food for weaning baby from the breast or bottle on to a mixed diet. Taken with milk, to which it is a necessary and beneficial addition, it has great nourishing properties; these contribute to the general development of bone, muscle and flesh, and educate the starch-digesting functions, thus preparing an infant for the more varied diet of later years.

Robinson's 'Patent' Groats and milk should be introduced two or three months before a baby is put on to a full mixed diet, so that the weaning process may be gradual. At 6 months of age, baby is ready for a slightly different diet and weaning from the breast or bottle should be begun. By the time baby is 9 months old the process should be complete. (In very hot weather, or during childish ailments such as teething, weaning should be delayed.)

When baby is

6 months of age, one feed daily of Robinson's 'Patent' Groats and milk should be substituted for one breast or bottle feed.*

At 7-8 months, two feeds of Groats and milk should be given daily in place of a corresponding number of breast or bottle feeds.*

From 8-9 months, the diet should consist of three feeds of Robinson's 'Patent' Groats and milk and two feeds of the Barley Milk Mixture. Two or three tablespoonfuls of either Barley or Oat Jelly can also be given before one or two of the feeds.

At 9-10 months, baby should be capable of digesting a mixed diet, including meat, gravy or broth, digestible vegetables, toast, rusks and Groats and milk.

Orange Juice and Cod Liver Oil (or suitable substitutes) should be given daily—see page 13.

* Milk modified by Robinson's 'Patent' Barley should gradually replace the remaining breast or bottle feeds (see page 18).

If the foregoing recommendations are followed, an infant can be successfully weaned from the breast or bottle on to the diet that we recommend for the second and later years.

When a breast-fed infant is being weaned the demand upon the mother will decrease, so that the latter will find her milk secretion gradually diminishing. The mother should take a mild aperient occasionally if she finds she has more milk than baby needs.

Groats and Milk for Baby

Table of Quantities (per feed).

6-8 Months.	9-12 Months.
Milk : 10 small tablespoonfuls	12 small tablespoonfuls
Water : 4 small tablespoonfuls	4 small tablespoonfuls
Sugar : 2 teaspoonfuls	1 teaspoonful
Groats : 2 teaspoonfuls	4 teaspoonfuls

1 *small tablespoonful of fluid* = ½ *fluid oz.*

Method of Preparation.

Mix the Groats and sugar well together and make into a thin, smooth cream with a little water. Bring the milk and water to the boil and add to the Groats cream while stirring. Simmer gently for 10 minutes in an ordinary saucepan continuing to stir, or for ½ to 1 hour in a double saucepan. Before removing saucepan add water to make up for the liquid which has boiled away.

ORANGE JUICE AND COD-LIVER OIL (or suitable substitutes) SHOULD BE GIVEN DAILY—see notes on page 13.

Special Notes

How Groats should be given to Baby.

Robinson's 'Patent' Groats and milk is usually spoon fed to baby, but if you wish to use a feeding bottle the hole in the teat should be enlarged with a sterilised instrument. The same teat should not, of course, be used for giving the Barley Milk Mixture.

Evaporation should be made good.

If the Groats are cooked too quickly, excessive evaporation will take place. The mixture should be brought back to the original amount by the addition of boiling water (not milk and water).

Orange Juice and Cod-Liver Oil (or suitable substitutes).

The daily giving of these should be continued, the amounts being increased as baby grows older. Small doses of malt extract are also beneficial. See notes on page 13.

Cool Boiled Water.

Plenty of cool boiled water should be given to baby between feeds—see page 26.

Barley and Oat Jellies.

At 8-9 months the introduction of Barley or Oat Jelly will help to teach baby how to take solid food. The Jelly should be given before a feed and not after. Recipes for Barley and Oat Jellies will be found on page 20.

When Baby is difficult to Wean.

Sometimes a baby does not take kindly to a fresh food. In such cases, just a teaspoonful or two of the Groats and milk to which a little extra sugar has been added should be given before a breast or bottle feed, the amount of the latter being correspondingly reduced. In two or three days' time it will usually be found that baby will take without difficulty a complete feed of the Groats and milk.

Weaning at a later Age.

It occasionally happens that weaning is not begun until a later age than 6 months. If this is so, you should start by giving one feed of Robinson's 'Patent' Groats and milk in the place of a breast or bottle feed. Ten days or a fortnight later two feeds should be given in place of a corresponding number of breast or bottle feeds. Shortly after, baby should be capable of assimilating the mixed diet indicated on page 19, for children from 9-12 months.

Diet Sheets for Baby

Age.	Diet	Feeds per Day.	Remarks.
Up to and including the age of 6 months.	Barley Milk Mixture.	See Feeding Table on page 12.	Up to 1 month cod-liver oil to be given daily. From 1 month onwards cod-liver oil and fruit juice to be given daily —see page 13.
From 6 months to 7 months.	Barley Milk Mixture. Groats and Milk	4 feeds. 1 feed.	Cod-liver oil and fruit juice to be given daily.
From 7 months to 8 months.	Barley Milk Mixture. Groats and Milk	3 feeds. 2 feeds.	Do. do.
From 8 months to 9 months.	Barley Milk Mixture. Groats and Milk	2 feeds. 3 feeds.	Do. do. A tablespoonful or two of Barley or Oat Jelly may also be given. (See Recipes on page 20.)

The following diet is advised from 6 months for breast or bottle-fed infants who have not previously been given cow's milk modified by Robinson's 'Patent' Barley.

	Diet.	Feeds per day
At 6 months ...	Original Food (Breast or Bottle Feeds)	4
	Groats and Milk	1
A week later ...	Original Food	3
	Groats and Milk	1
	*Barley Milk Mixture	1
A fortnight later ...	Original Food	2
	Groats and Milk	1
	*Barley Milk Mixture	2
Three weeks later ...	Original Food	1
	Groats and Milk	1
	*Barley Milk Mixture	3
7-8 months	Groats and Milk	2
	*Barley Milk Mixture	3
8-9 months	Groats and Milk	3
	*Barley Milk Mixture	2

Cod-Liver Oil and Fruit Juice (or suitable substitutes) should be given daily.

* Prepared from Robinson's 'Patent' Barley

Diet Sheet for Infants from 9-12 months

6 a.m. ... Two tablespoonfuls each of orange juice and tepid water sweetened with sugar ; rusk or brown bread and butter.

9 a.m. ... Groats and milk (2 or 3 tablespoonfuls of Barley Jelly can also be given).

1 p.m. ... Gravy or Broth (mashed potatoes can be given at 10 months) Jelly or stewed apple. A drink of milk or preferably Barley and milk made according to second recipe on page 21.

5 p.m. ... Milk and rusk (2 or 3 tablespoonfuls of Barley Jelly can also be given).

9 p.m. ... Groats and milk.

The above diet can be varied from time to time and as the infant gets older, well-boiled and digestible vegetables such as cabbage, spinach, brussels sprouts, etc., may be introduced. Apple Jelly spread on brown bread and butter, Energen rusks and butter, or fingers of toast dipped in the yolk of egg are also recommended.

One teaspoonful of cod-liver oil should be given twice daily.

Diet Sheet for Infants over 12 months

On waking. The juice of half an orange sweetened with sugar, and a biscuit.

Breakfast about 8 a.m. Porridge made from Robinson's 'Patent' Groats. Some crisp toast with plenty of butter and honey.

Or

A lightly-boiled egg with crisp toast and butter. A cup of milk (boiled). (2 or 3 tablespoonfuls of Barley or Oat Jelly can also be given.)

Dinner about noon. A lightly-boiled egg, if the child has not already had one for breakfast. Milk pudding or a raw apple. The milk pudding can be prepared from Colman's Semolina, ground rice, Energen macaroni, or Energen tapioca.

Or

Meat Gravy (the addition of a little Marmite is a good thing) and a small quantity of mashed potatoes or freshly cooked minced meat and mashed potatoes ; pudding or fruit as above.

Or

Boiled fish, Vegetables (cauliflower, spinach or sprouts). Egg custard or junket.

Tea about 4 p.m. Bread and butter and honey. A cup of milk (boiled).

Supper about 6 p.m. Groats and milk.

One teaspoonful of cod-liver oil should be given twice daily.

Recipes for Porridge and Barley and Oat Jellies are given on page 20.

For older children, and indeed for all the rest of the family, Waverley Oats—the Three Bears Oats make a porridge that is unsurpassed as a nourishing and beneficial breakfast dish.

Recipes for Barley and Oat Jellies, etc.

Barley Jelly

Mix 1 oz. of Robinson's 'Patent' Barley into a smooth paste with a little cold water. Add the remainder of ½-pt. cold water gradually, stirring all the time. Place in a saucepan and bring slowly to the boil. Boil for 5 minutes, stirring constantly. Add salt or sugar to taste. On cooling it will be in the form of a jelly and ready for use.

Oat Jelly

Mix 1 oz. of Robinson's 'Patent' Groats into a smooth paste with a little cold water. Add the remainder of ½-pt. of cold water gradually, stirring all the time. Place in a saucepan and bring slowly to the boil. Simmer gently for 10 minutes, stirring constantly. Add sugar or salt to taste. On cooling it will be in the form of a jelly and ready for use.

Porridge for Children over 12 months

Take from 1 pint of cold water sufficient to mix 3 tablespoonfuls Robinson's 'Patent' Groats to a thin, smooth cream. Boil remainder of water and pour it on the cream. Add salt and simmer gently for at least 10 minutes, stirring all the time. If a double saucepan is used, cook for ½-1 hour. Serve with fresh milk, and sweeten to taste.

Barley Water for Infants with difficult Digestions

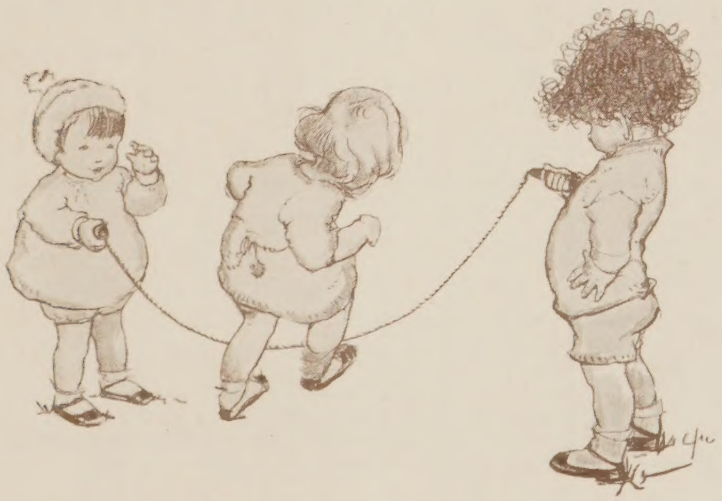
When Barley water between feeds has been recommended for infants with difficult digestions, or whose bowels are very loose, it should be prepared according to the directions below. The Barley water should have a very healing and corrective effect.

Mix 1 level dessertspoonful ($\frac{1}{4}$ oz.) Robinson's 'Patent' Barley into a smooth paste with cold water. Make up to 1 pint with boiling water and simmer for 20 minutes, stirring all the time. Add sufficient water to bring back to 1 pint, then add $\frac{1}{2}$ teaspoonful of salt. Strain.

Barley and Milk for Growing Children

Bring to the boil $\frac{1}{2}$ pint of milk (or milk and water). Make a thin paste of 2 to $2\frac{1}{2}$ level teaspoonfuls Robinson's 'Patent' Barley with cold water. Pour the boiling milk (or milk and water) on to the Barley paste and stir. Return to the saucepan and bring back just to the boil.

This drink can be taken hot, or, if preferred, allowed to cool



WEIGHT CHART

Name .... 5lb. 12 ozs. ..... *Weight at Birth*

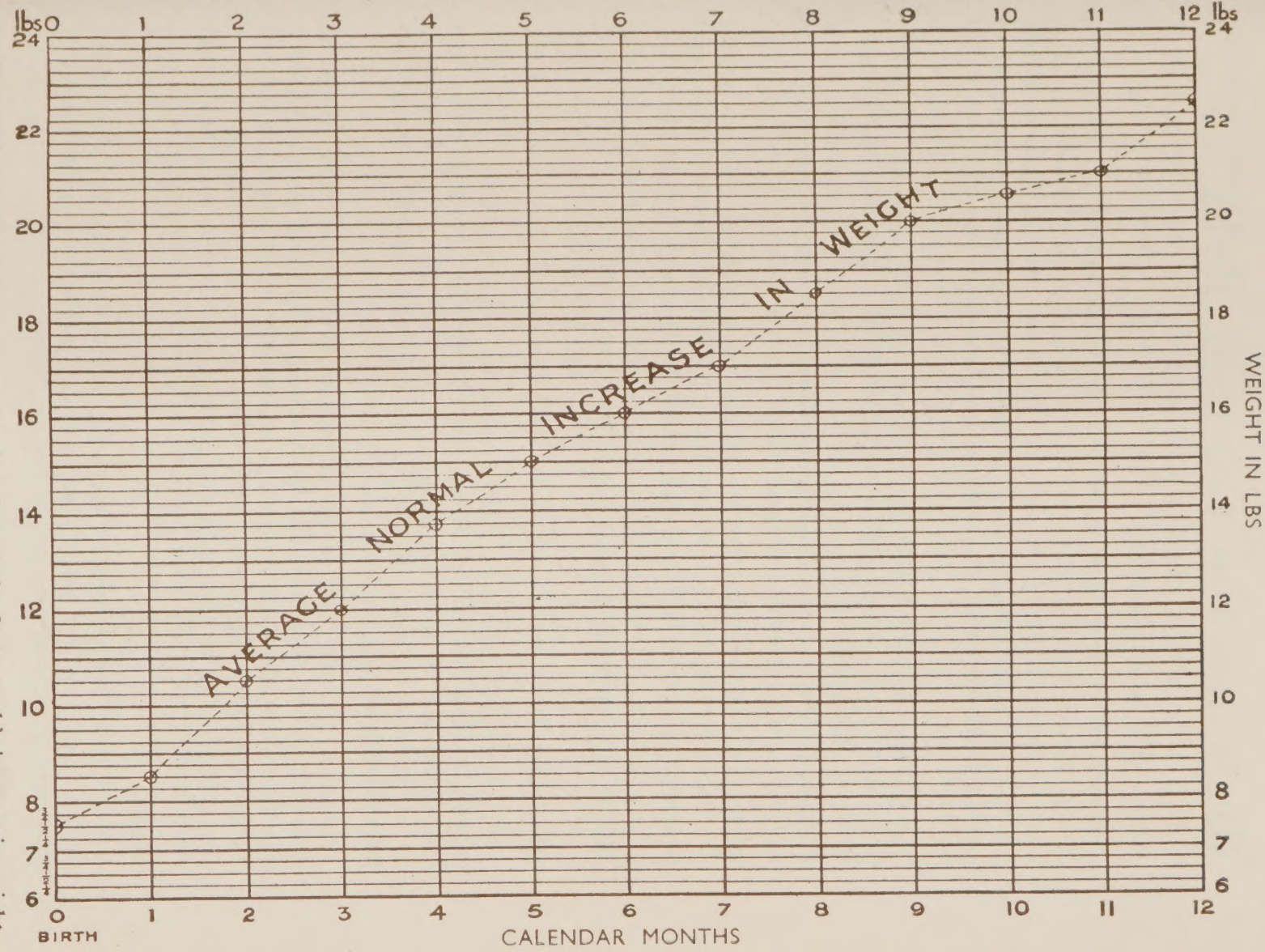
Date of Birth ..... 5 : 5 : 42 .....

7 lb. 8 ozs. Normal Weight at Birth (average).

Baby's Age.	Normal Weight.		Baby's Weight.		Baby's Age.	Normal Weight.		Baby's Weight.		Baby's Age.	Normal Weight.		Baby's Weight.		Baby's Age.	Normal Weight.		Baby's Weight.	
	lbs.	ozs.	lbs.	ozs.		lbs.	ozs.	lbs.	ozs.		lbs.	ozs.	lbs.	ozs.		lbs.	ozs.	lbs.	ozs.
1 Wk.	7	12			14 Wks.	12	5	13	4	27 Wks.	16	5			40 Wks.	20	2		
2 Wks.	8	0	6	2	15 ,,	12	10	14	0	28 ,,	16	10			41 ,,	20	4		
3 ,,	8	4			16 ,,	13	0	14	8	29 ,,	17	0			42 ,,	20	7		
4 ,,	8	8	8	2	17 ,,	13	5	14	11	30 ,,	17	5			43 ,,	20	10		
5 ,,	9	0	8	12	18 ,,	13	10	15	1	31 ,,	17	10			44 ,,	20	13		
6 ,,	9	8	8	14	19 ,,	14	0	15	5	32 ,,	18	0			45 ,,	21	0		
7 ,,	10	0	9	5	20 ,,	14	4			33 ,,	18	4			46 ,,	21	4		
8 ,,	10	8			21 ,,	14	8	15	6	34 ,,	18	8			47 ,,	21	7		
9 ,,	10	12	9	11	22 ,,	14	12	15	9	35 ,,	18	12			48 ,,	21	10		
10 ,,	11	0	10	5	23 ,,	15	0	15	12	36 ,,	19	0			49 ,,	21	14		
11 ,,	11	5	10	14	24 ,,	15	5	16	5	37 ,,	19	5			50 ,,	22	2		
12 ,,	11	10	11	12	25 ,,	15	10	16	4	38 ,,	19	10			51 ,,	22	5		
3 Mths.	12	0	12	12	6 Mths.	16	0	16	7	9 Mths.	20	0	21	0	12 Mths.	22	8		

WEIGHT GRAPH

Fill in Baby's weight each month and see how it corresponds with the curve of normal growth.



NOTE.—If the child is born on say the 13th March the first month's increase in weight, shown between 0 and 1, will of course represent the period 13th March—13th April.

Hints on the Care of Baby

Fresh Air and Exercise.

Baby's life is dependent upon fresh air, both before and after birth. Except for the first few days of his life baby should, whenever possible, sleep in the open during the daytime. When indoors the windows should be wide open day and night, except in damp and foggy weather. Infants catch cold as the result of draughts, not from fresh air. Night air is not harmful.

Sunlight is a great health promoter. It can even make up for certain deficiencies in the baby's diet. Baby's eyes should, however, be protected from any bright light.

When baby is put in a perambulator he should not be propped up, but laid flat until he is several months old.

When a baby is indoors it is a good plan occasionally to place a mattress or blanket on the floor for the child to roll and kick about on. This helps to develop the muscles. Draughts from under the doors must be avoided.

A baby should not be shaken or tossed about or violently rocked or excited, especially just after feeding.

Clothing.

The first outfit should be made to open the whole distance from top to bottom, should overlap and fasten with tapes. Pins, buttons, hooks and eyes should not be used for fastening a baby's clothes. These should as far as possible be made of woollen material and should be loose, soft, unshrinkable and easy to wash.

Napkins are best made of soft towelling. When soiled they should be placed in cold water until they are washed, best yellow soap only being used for this purpose and not soda. The napkins should be well rinsed and if possible hung in the open (even on a wet day) for an hour or so.

The wearing of rubber knickers is not advised.

Sleep.

A tiny baby needs plenty of sleep. He should sleep in a cot where fresh air can reach him, but away from all draughts. On no account should he be allowed to sleep in the same bed as the mother.

Air the bedding thoroughly every day and see that it is not damp.

Sleep—*continued.*

Sleepless nights, distressing alike both to mother and child, are often caused by improper and irregular feeding. Soiled napkins, want of fresh air, and uncleanliness are other sources of unrest.

If baby is fretful at night a drink of warm water will very often soothe him.

Baths.

Baby should be bathed every day and, for a young baby, the morning is the best time. It should be so arranged that a feed is due immediately after the bath. Baby will then be ready for sleep.

When bathing an infant great care should be taken to see that the temperature of the water is about blood heat. The only correct way to test this is by the use of a thermometer. The water should register about 100° F. If the thermometer is not available, test the water with the elbow, not the hand, because the elbow is more sensitive to heat and cold.

Undress baby in front of a warm fire. Sponge the face with warm water (no soap) and dry thoroughly.

Lay baby in the lap, put the left hand at the back of baby's head and hold over bath ; wash the head with pure soap, taking care not to let any soap get into baby's eyes. Sponge and dry thoroughly. Dandruff can be removed by rubbing the scalp with a little olive oil.

The eyes should be swabbed with lint or cotton wool soaked in warm, clean water.

Wash the ears with a little soft linen screwed into a point and soaked in clean water. Never use anything hard for removing dirt from the ears. The ear drum is very easily punctured.

The nose should be cleaned by screwing into a point a little lint or soft linen soaked in clean water and inserting this in each nostril.

Soap the body and limbs, then put the left hand under baby's left arm, the left arm supporting the back and right hand under the buttocks. Place baby in the bath. Sponge with right hand ; then turn baby over, put the right hand across the chest and hold baby under the left arm. Sponge the back with the left hand. Put baby on to the left arm again, right hand under buttocks, and lift on to the knee on which is placed a warm towel.

Colds are frequently caused by infants being allowed to remain too long in the water : 2 or 3 minutes is quite long enough.

Dry baby thoroughly, not forgetting inside the creases at the neck, wrists and buttocks.

To prevent any rubbing of the skin, the body and particularly the buttocks, may be well powdered with pure vegetable powder or Robin Starch.

Baby should be dressed quickly.

The finger and toe nails should be cut periodically

Feeding Bottle.

A boat-shaped bottle with an opening at each end should be used. It should be kept scrupulously clean. After use the bottle should be rinsed out with cold water, then washed with hot water and soda, and thoroughly rinsed again with clean, cold water.

Teats and valves should be rinsed with cold water after each feed, rubbed all over with common salt and given a final rinse in clean, cold, boiled water. Once a day they should be scalded by boiling water being poured upon them, and then be placed to drain on a clean saucer and covered with an inverted vessel such as a cup or glass. The teats should not be left to soak in water.

Comforters.

These are dangerous, and not in the slightest degree necessary. It is impossible to keep them sterilised and, consequently, they are potential germ carriers. The use of a comforter prevents the proper growth of the teeth and is generally the cause of thrush. Many diseases have been traced to the use of these abominations.

Cool Boiled Water.

Mothers as a rule do not appreciate the value of plain water for babies. Very often when an infant cries it is merely thirsty and a drink of cool boiled water may have a soothing effect. Plenty of cool boiled water given between feeds is an excellent preventive of constipation and keeps baby's digestive organs in good condition.

It is advisable to boil all water for infants. This precaution is necessary to avoid infection by bacteria, which may be conveyed through water straight from the tap.

Aperients.

It should not be necessary to have to use aperients for a young baby, but if the child gets constipated, a teaspoonful of medicinal paraffin is an excellent laxative. A mixture of equal parts of white vaseline and honey (see method of mixing on page 29), given in doses of one or two teaspoonfuls two or three times a day is excellent for giving tone to the bowels. Castor oil should only be used in extreme cases of constipation. It is useful for clearing the bowels, but it is not laxative and certainly will not cure constipation. Warm boiled water is also a good thing. Suppositories and enemas are apt to be dangerous and, if used too frequently, tend to make the bowels lazy.

Drugs and Quack Medicines.

Never use drugs for a baby except on medical advice, and on no account resort to quack medicines.

Stimulants.

An infant should never be given stimulants of any description, except under doctor's orders.

Kissing.

No mother can refrain from kissing her baby, but promiscuous kissing, particularly on the mouth, is to be severely condemned.

Teething.

There is no fixed time at which the first tooth should appear, but usually this takes place about the sixth month. No anxiety need be felt if the teeth are not cut at the usual time.

As a rule the teeth appear in pairs, the first to come being the lower central incisors, followed by the upper central incisors, and the whole set is completed about the age of two to two-and-a-half years.

Teething is not an ailment, although illness often accompanies it. An infant may get a chill, have indigestion, or pick up a germ, and the gums being tender are immediately affected ; but if the infant is perfectly healthy, the cutting of the teeth will take place without much discomfort. It is permissible to give baby a bone teething ring to bite on, but on no account should a comforter be allowed.

During teething see that the bowels are regularly opened. Convulsions frequently occur during teething when baby's bowels are not working properly.

When baby begins to use his teeth to chew, it is time to clean them twice daily with a baby's tooth brush and either plain water or lime water. When a child is about two years old, his teeth can be cleaned with some soft powder such as prepared chalk. On no account should a child's teeth be neglected, for not only does his health depend largely on the soundness of the milk teeth, but their careful preservation will prevent any damage being done to the permanent ones.

Amusements.

Baby should be allowed as much as possible to make his own amusements. It is surprising to what an extent an infant can amuse himself. Parents who set themselves out to entertain baby continuously must not be surprised at the development of abnormal conduct in the child in later life. Toys should be few in number and preferably washable. They should not have any sharp corners and should certainly not be painted.

Children's Ailments

With the majority of mothers it is unnecessary to point out that any illness, no matter how slight, should not be neglected. Young mothers in particular are apt to become over-anxious if baby is a little bit out of sorts and lose many hours of sleep without cause. When an infant is really ill the mother will have no difficulty in detecting it. A doctor should be sent for at once, but the following information is offered as a guide in case immediate action is necessary pending his arrival.

It is, of course, a difficult task to suggest a treatment when the symptoms of so many ailments appear to the untrained eye to be the same, but the advice given here is of a general nature and if carried out will be found to be beneficial to the child even if the mother's diagnosis proves ultimately to be wrong.

In all cases of infectious diseases isolation for the full period is absolutely essential for the sake of other children. *(See page 36.)*

Bronchitis

Symptoms.—Fever, hard dry cough, very often constipation. Rapid breathing with dilated nostrils. A rattling or wheezing in the chest, if not actually heard, may be felt by placing the hand flat on the chest. Phlegm in the throat.

Treatment.—Send for a doctor. Put child to bed at once. Keep room at an even temperature and well ventilated. A bronchitis kettle containing one teaspoonful Friar's Balsam to every pint of water should be heated on the fire—the steam will no doubt relieve the chest. Keep the bowels open by the use of either medicinal paraffin (1 teaspoonful two or three times a day) or a mixture of equal parts white vaseline and honey (one or two teaspoonfuls two or three times a day). Avoid the use of drugs and quack medicines.

Constipation

In breast-fed infants this may be overcome by varying the diet of the mother, who should take plenty of fresh fruit and green-stuffs and porridge made from Robinson's 'Patent' Groats and milk. If an artificially-fed infant is constipated, give one or two teaspoonfuls of medicinal paraffin twice a day, or one or two teaspoonfuls two or three times a day of white vaseline and honey. As an alternative the inclusion of a teaspoonful of milk of magnesia in the early morning bottle two or three times a week will be found beneficial. See that the baby has plenty of warm boiled water to drink between feeds. This helps to keep the bowels in good order. Except in very urgent cases do not give castor oil or use suppositories. If the trouble is persistent, or complications arise, the doctor should be consulted.

Method of mixing White Vaseline and Honey:—

> Half fill a small glass vessel (with an airtight lid) with white vaseline and stand in a bowl of hot water. When the vaseline has melted add enough pure honey to fill the jar. Mix well and allow to cool.

Convulsions

These are frequently caused by indigestible or improper food and neglect in seeing that the bowels function regularly once or twice a day. The onset is usually very sudden, the child's eyes being fixed and staring and the body stiffened followed by twitchings of the lips and jerky movements of the whole body. Face usually pale, but if breath is held will become flushed and sometimes quite black. Alarming as these symptoms may appear to the inexperienced, if prompt action is taken no harm will result, but repeated attacks are naturally weakening.

Send for a doctor at once, but do not on that account delay putting the infant into a warm mustard bath as soon as possible. Half-an-ounce mustard should be allowed for each gallon of water.

Should it take some time to prepare the bath, sponge the body over with warm water in the meantime. Relieve the bowels at once. If necessary give a pure soap enema. This course should only be resorted to where immediate relief is essential. Castor oil will open the bowels, but medicinal paraffin, white vaseline and honey or magnesia should be given the next day. On no account attempt to give the child anything by mouth during an attack. Stimulants are dangerous.

Chicken-pox

Symptoms.—A reddish rash, sometimes not very noticeable at first. Temperature often normal. Pink spots appear on the body and on the face and quickly develop into blisters with white heads. (Each spot usually has a red margin around the base.) Within the course of a few days the spots turn to brown scabs which later become dry and fall off.

Treatment.—Chicken-pox is highly infectious and the child should be isolated at once and kept in isolation until all the spots have disappeared. This usually takes about three weeks, but sometimes the period of infection may be five or six weeks. It is not necessary to put to bed unless child has a temperature. At all costs scratching of the skin should be prevented. Keep the bowels open. Give a nourishing diet.

Croup

Symptoms.—Sudden attacks of coughing recognised by its peculiar metallic sound. Difficult breathing. Attacks usually at night. In severe cases child will often struggle for breath and the voice may go.

Treatment.—Send for a doctor at once. In the meantime give freedom of movement. A warm bath is a good thing. Make the child vomit by repeated doses, say every hour, of a teaspoonful of ipecacuanha wine. Keep the room warm but well ventilated. When the attacks have subsided put the child to bed. Do not nurse a croupy child, it restricts the breathing. (Diphtheritic croup is dangerous and must be treated at once by a doctor.)

Cuts, Bites, Abrasions, etc.

Bathe the affected part with warm water containing "Dettol" in a solution of 1 tablespoon to a tumbler of water. Dry, then bandage with a dry dressing.

Diarrhoea

(Also see Summer Diarrhœa.)

The symptoms of diarrhœa are watery stools, somewhat green in colour, which may be accompanied by mucus or be streaked with blood. It is sometimes due to unsuitable, faulty, or over-feeding, and if it is brought on by these causes, an adjustment of the diet is necessary. Diarrhœa is sometimes the forerunner of a more serious illness. A teaspoonful of lime water with every feed is a good thing in cases of simple diarrhœa.

Diphtheria

Symptoms.—Difficult to detect at first by an untrained person. Temperature often normal. Infant is fretful and probably refuses food because of soreness in the throat. Swelling of the glands; the throat becomes covered with a greyish white membrane.

Treatment.—Any affection of the throat is serious and, no matter how slight, it is wise in the early stages to consult a doctor. Delay is dangerous. Isolate and put to bed at once without a pillow. Do not try quack medicines or give drugs. This is entirely a case for skilled treatment.

Eczema

Eczema may be caused by local irritation such as scratching, dirt, strong soaps, roughness or carelessness in washing; errors in diet are also often responsible for bringing on the disease.

Treatment.—Revise the diet, and ensure that plenty of liquid is given. The balance of the food is important, that is, excess of fat or of carbohydrate must be avoided.

Local Treatment.—Avoid the use of soap as far as possible. Oatmeal or bran and water should be used for washing, and exposure to strong winds should be avoided. The choice of ointments, etc., should be left to the doctor.

Indigestion

Symptoms.—Normal temperature. Stomach ache, headache, and possibly flatulence. Constipation or diarrhœa may result. Tongue coated.

Treatment.—Find out the causes; it may be irregular, unsuitable, or over-feeding, or taking food too quickly. Remedy the evil. Indigestion may become chronic if neglected. If the child is constipated this condition should be relieved. A doctor should be called in if the trouble is difficult to locate.

Insect Stings

Apply a little "Dettol" solution (1 tablespoon to a tumbler of water) to the painful region. This is remarkably effective in allaying irritation and preventing the spread of inflammation. For urgent application a little undiluted "Dettol" may be applied and the excess "Dettol" removed, but "Dettol" should not be so used on sensitive skins.

Measles

Symptoms.—Signs of a cold in the head, sneezing and running at the eyes. Cough. Probably sickness. A rise in temperature a few days later. When fever starts a rash appears first on the face, particularly around the mouth and behind the ears, and then on the body.

Treatment.—Measles is a dangerous disease unless carefully handled. Isolate; keep child warm in bed and send for doctor. Keep the bowels open. Bathe the eyes and mouth in boracic lotion. Shade the eyes from bright light. Beware of complications.

Mumps

Symptoms.—Slight increase in temperature. Swelling of the neck and cheek. Difficulty in swallowing.

Treatment.—Send for doctor. Isolate. Put to bed and give only a light diet. Protect the swollen glands by wrapping them in flannel or cotton wool. Keep the bowels open.

Rickets

This is a disease of slow onset, and is mainly due to bad feeding. A diet lacking in fat, and consequently deficient in vitamins, is largely responsible for the disease. It may also be due to lack of sunshine and fresh air.

Symptoms.—Convulsions, restless sleep, perspiring of the head, excessive fatness, bulging stomach, protruding forehead, bowed legs, flabby conditions of the muscles, and irregular teeth often late in appearing, are all signs of rickets. If an epidemic should break out, a child with rickets will most likely contract the disease. Although it is not a fatal disease, rickets may be responsible for ill-health all through life and the indirect cause of premature death. A rickety condition means a lowered vitality of the system.

Treatment.—If rickets definitely develops, a doctor should be consulted. Daily doses of cod-liver oil and exposure to ultra-violet rays are essential. See that the bowels are opened regularly. The diet should be rich in Calcium salts. Feeding with Barley and milk ensures an adequacy of calcium.

Scarlet Fever

Symptoms.—Swollen throat and glands. Sickness accompanied by rise in temperature. Spots may be noticed on the tonsils. This is followed the next day by a fine scarlet rash which usually starts on the chest and spreads to the neck and face. Unlike measles the spots do not as a rule break out around the mouth.

Treatment.—Isolate. Send for doctor. Put child to bed and keep warm. Keep the bowels open and give a light diet to start with. As the child improves give a wholesome diet, as varied as possible. The disease is infectious until all peeling which follows the disappearance of the rash is completed.

Sore Buttocks

If soft napkins are used and are frequently changed, this trouble should not arise. Frequent bathing (avoiding the use of strongly alkaline soaps) is also necessary, while the use of a dusting powder, or Robin Starch, to prevent chafing is always advisable. (See under Baths.)

Treatment.—Soft vaseline is probably the most satisfactory as well as the simplest remedy; if the soreness is considerable the use of a little zinc ointment may also be recommended.

Sore Throats, Coughs and Rashes

If a baby should develop a bad cough, sore throat, serious cold or rash of any sort, or if he becomes at all feverish, it is advisable to keep him warm in bed and to call in a doctor at once. Many infectious diseases and other childish ailments are accompanied by symptoms such as these in the early stages. As the early symptoms of many diseases are so much alike, it is very difficult for the mother to distinguish between them and unless professional advice is sought, serious mistakes may be made involving much danger and harm which might otherwise be avoided.

Undoubtedly many of the illnesses attending the early life of a child are preventable ones and can be traced to improper and irregular feeding, want of cleanliness, undue exposure, insufficient clothing, hot, stuffy rooms, and persistent dosing with quack medicine. Avoidance of these will save the mother much anxiety, and if an illness overtakes her child his powers of resistance are more likely to be sufficient to enable him to withstand the strain.

Summer Diarrhoea

(See also Diarrhœa.)

The primary symptoms are the same as for simple diarrhœa, but it may be accompanied by vomiting, pallor and collapse. The onset is sudden, and delay in sending for a doctor is dangerous.

The bowels must be cleared; the infant put to bed and kept warm. All foods (including milk) should be withheld for about 24 hours and white of egg and cold Barley water (white of 2 eggs to a pint of cold Barley water) should be given in small quantities.

Thrush

Symptoms.—Small white patches inside the mouth and on the tongue which appear to be painful when baby sucks. It is seen in weak or badly nourished infants, or those suffering from diarrhœa. Thrush is aggravated by dirt from such things as comforters and unsterilised teats, also lack of attention to the child's mouth.

Treatment.—Do not use comforters. Clean baby's mouth out after each feed with weak boracic lotion, or a little glycerine of borax should be left in the mouth.

Whooping Cough

Symptoms.—Usual signs of a cold, running at the nose, etc. Frequent fits of coughing. Later the characteristic whoop is heard and the child usually becomes frightened, not being able to get breath freely. Face often turns quite black, and although this is very distressing to the mother it is not as serious as it appears.

Vomiting and sometimes bleeding at the nose will follow a fit of coughing. Usually the child will bring up phlegm when coughing.

Treatment.—Whooping cough is infectious both before and after the whoop starts. Isolate in a warm but well-ventilated room. Send for a doctor. Keep the bowels open. Never slap a child on the back during a fit of coughing, but give unrestricted freedom to breathe. Rub the chest with camphorated oil.

Although whooping cough is not a dangerous disease, great care should be taken to avoid complications, which are often serious.

Wind and Colic

May be due to:—

Inappropriate feeding or air swallowing when feeding.

Taking food too quickly or too slowly.

The food being too hot or too cold.

Wet napkins or undue exposure of the body.

Symptoms.—Restlessness. Crying due to abdominal pains. Legs drawn up.

Treatment.—(1) The giving of a teaspoonful of dill water in 2 teaspoonfuls of warm boiled water is often effective.

(2) Gently massage the abdomen. Dry, hot flannels applied to the abdomen sometimes give relief. Great care must be taken to see that the flannels are not too hot.

(3) Administer a lubricant or laxative.

Preventive.—Remedy any of the above causes. Two or three times during each feed and after it is over, baby should be supported in a sitting position on its mother's knee so that wind may be brought up. A few gentle pats on the back will frequently help.

Worms

Symptoms.—The severe itching usually caused by the worms, consequent loss of sleep, nervous disorders, disturbance of the bowels, uncertain appetite. Inspection of the stools for worms, or portions of them, or their eggs, must always be the deciding factor in diagnosing this complaint.

Treatment.—Cleanse the bowels with an enema of soap and warm water, and follow this with twice-daily rectal injections of salt and warm water (1 tablespoonful to a pint), administering not more than 4 fluid ozs. at each injection. A doctor should be consulted before internal treatment is attempted.

Rashes and their meaning

DISEASE.	Description of rash and where it first appears.	Day on which rash appears.	Period of Isolation.	Children who have been in contact with the patient should not return to school for
CHICKEN POX ...	Small red pimples with a watery centre on body, face and head.	1st or 2nd day	Until all scabs have disappeared...	20 days
GERMAN MEASLES	Cluster of small pink spots on face, then body as a whole.	2nd day ...	10 days from commencement of rash	20 days
MEASLES	Dark red spots on face and neck, spreading to the body.	4th day ...	14 - 21 days after disappearance of rash, provided other symptoms do not persist ...	18 days
SCARLET FEVER ...	Small bright red spots close together on chest, face and neck.	2nd day ...	6 weeks from commencement of rash, provided other symptoms have cleared ...	10 days
SMALL POX ...	Markings somewhat similar to Chicken Pox, appearing first on face and wrists.	3rd day ...	Until all scabs have fallen and skin has peeled ...	16 days

Periods of Isolation for other Infectious Diseases :

DIPHTHERIA—Until bacteriological examination of throat is satisfactory ... ... 10 days

WHOOPING COUGH—At least 5 weeks from commencement of cough ... ... 16-21 days

MUMPS—Until 1 week after swelling has disappeared ... 24 days

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ENJOYING HER GROATS

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